

Organ Work Class

1. Initiation: Arm lift:
 - a. Just lift arm
 - b. Lift levering humerus proximally
 - c. Lift with distal middle finger initiation
 - d. Upper lobe of lung – initiate from there?

What do you notice?

Try with side bends:

- a. Just bend
- b. Bend levering humerus proximally as initiator
- c. Bend with distal middle finger initiation
- d. Bend with lung – initiate from there?

What do you notice?

2. Partner lobes of lungs from back and see....
3. Organ Exploration:
 - Lie on the floor in a comfortable position and breathe easily.
 - Simply notice your breathing without judgement or conscious interference
 - Allow the weight of your bones to fall into gravity
 - What do you notice by consciously releasing your bones into the earth?
 - Has this releasing of bones affected your breathing?
 - When you are ready, allow yourself to change to another position
 - Where in your body did you initiate your movement transition? How did the movement progress through your body?
 - How did your external movement through space reflect that path of movement through your internal space?
 - What organs lie along this pathway?
 - Breathe easily and rest.
4. Partner: Lie on side. Locate viscera, or brain. Balance. (Help partner to balance). Allow it to roll in direction wants to go and back. Contents/Container.
5. Partner or alone: Choose an organ. Research in your body what's on the sheet. Report back at ____ time.

Integration into asanas: Janu Shirshanasana/Corcodile vs Shavasana. Cobra – esophagus.

Organ dance? Playlist: